



CALVERTHEALTH



New Chapter

Couple Embraces
Life-Changing
Weight Loss Journey

A Bold Vision

CalvertHealth's mission statement – more than just a slogan. *Page 4*

Saved by the Scan

Are you eligible for lifesaving lung cancer screening? *Page 14*

Fighting Back

Tips for defending against chronic inflammation. *Page 18*

Delivering a Lifetime of Exceptional Care

Happy New Year from the team at CalvertHealth! January is a great time to reflect on new beginnings and plan for the upcoming year. If making your health and well-being is a priority in 2024, the team at CalvertHealth is here for you every step of the way.

At CalvertHealth, we have set some ambitious goals to accomplish in the year ahead. Last year, CalvertHealth embarked on a journey to develop a new 5-year Strategic Plan. Our pursuit was bold and inclusive with the goal to achieve meaningful and lasting results for a thriving workforce and health system. Today, our vision is clear – *to be the trusted healthcare leader, delivering a lifetime of exceptional care for our patients and our community.*

We're proud of the work we've done, and I am pleased to share our new mission, vision and strategic initiatives with our community. See the story on page 4 or scan the QR code below to learn more. I look forward to continuing to set new goals for the future and achieving them – *together.*

Our greatest organizational asset continues to be our workforce. We are so grateful to have a team of employees who embrace our new core values by living them each and every day. Quality, compassion, teamwork, diversity and integrity are what you can expect when you place your trust in us to meet your family's healthcare needs.

As we celebrate the New Year, I want to recognize all that we have accomplished this past year. On the next page, please read just a few of our recent accomplishments.

As we look to the future and fulfilling our mission as a community hospital, we'd love to have your input. CalvertHealth Medical Center is committed to improving the health and well-being of those we serve. We are currently seeking former patients, family members and caregivers to offer their perspective, feedback and suggestions to improve the patient experience.

Members of the Patient Family Advisory Council (PFAC) offer input on issues affecting patient care throughout the hospital. You will represent the voice of the patient in formal discussions with members of our medical staff and health system leadership. If you are interested in learning more, please contact our PFAC liaison Susan Stevens by emailing susan.stevens@calverthealthmed.org.

To learn more about CalvertHealth's 2024-2028 Strategic Plan, use the camera app on your tablet or mobile device to scan the QR code. >



ON THE COVER LaShawn and Tony Dantzler of Prince Frederick made the decision to prioritize their health and lose the weight for good. **See story page 6.**



Jeremy Bradford

Jeremy Bradford, MBA
President & CEO
Calvert Health System

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A Community of Caring

CalvertHealth Medical Center does not discriminate with regards to patient admissions, room assignment, patient services, visitation privileges or employment on the basis of race, color, national origin, ethnicity, age, gender, sexual orientation, gender identity or expression, physical or mental disability, religion, culture, language, ability to pay or socioeconomic status. Scan the QR Code for more information. >



CalvertHealth Garner National Attention for Critical Care

CalvertHealth has been named one of America's 100 Best Hospitals for Critical Care for the third consecutive year, according to new research released by Healthgrades, the leading online resource for information about physicians and hospitals. CalvertHealth was the only hospital in Maryland to be named to this year's list.

Healthgrades recognizes hospitals that have proven their commitment to quality care and exceptional patient outcomes over time. This award in particular highlights those hospitals that demonstrated outstanding clinical performance in treating pulmonary embolism, respiratory system failure, sepsis and diabetic hospitalizations.



CalvertHealth Awarded Coveted Cancer Accreditation

CalvertHealth Medical Center has earned a three-year accreditation from the Commission on Cancer, a quality program established by the American College of Surgeons. "This distinguished accreditation underscores our commitment to providing cancer care that meets the highest national standards," said CalvertHealth Cancer Program Director **Dr. Theodore Tsangaris**.

"This is a true multidisciplinary program that compares in a positive way to what you would find in an academic center," said Dr. Tsangaris, whose 34-year career in oncology has included leadership positions in some of the nation's most prestigious academic institutions.



BECKER'S **HOSPITAL REVIEW**

CalvertHealth Recognized for Leading Oncology Program

For its dedication to providing outstanding oncology care to the community, CalvertHealth Medical Center has been recognized as a "Great Oncology Program" for 2023 by *Becker's Hospital Review*, a leading source of healthcare news and information. Becker's releases its list of hospitals and health systems with leading oncology programs annually.

Becker's specifically noted CalvertHealth's ability to offer oncology patients advanced technologies and care including multidisciplinary teams, genetic testing and immunotherapy, which has been a game-changer in producing more favorable outcomes with fewer side effects.

Chamber Honors CalvertHealth for Outstanding Community Service

The Calvert County Chamber of Commerce presented its *Beacon of Light* recognition to CalvertHealth for its employees' engagement in the spirit of philanthropy and community involvement. The Beacon of Light highlights how businesses serve as a force for good in their community.

The recognition underscores CalvertHealth's commitment to improving the quality of life for residents of Southern Maryland through its philanthropic efforts. In the past three fiscal years, CalvertHealth invested more than **\$47 million in community benefits and services**, including sponsorships for local non-profits; volunteer hours and pro-bono work of its employees.



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OUR NEW MISSION

Revitalizes, Refocuses Health System on Those We Serve.



“To be effective in today’s healthcare landscape, you need to be transformative.”

–Jeremy Bradford, CalvertHealth President & CEO



“Our new mission, vision and core values are more than mere phrases; they unite us around a redefined common purpose – inspiring all employees to continue to raise the bar for themselves, our patients and our community,” said **Jeremy Bradford**, CalvertHealth President and CEO.

“Every organization is guided by their mission, but it’s the vision that sets the course for our future,” Bradford stated. “In order to realize our vision of becoming the trusted healthcare leader, we must grow and evolve as an organization. It’s going to take hard work to earn that trust, but this team has the talent, the heart and the fortitude to achieve our goals of excellence.” He went on to add, “You won’t find a more dedicated team than you have right here at CalvertHealth.”

Bradford described the strategic planning process as inclusive and transparent. “Every employee, board member, foundation board member, key stakeholder, physician and provider were asked to participate in the planning process with everyone’s input taken into account.” In addition, Bradford said more than 500 interviews and focus groups were conducted with community members and health system leadership.

“At the heart of every decision is our patients.”

Bradford says future plans for the health system include a laser focus on quality and safety as well as plans for expanded primary and specialty care

services for Women’s Health, Cancer Care, Digestive Diseases/Weight Management and Orthopedics/Sports Medicine.

CalvertHealth conducts a needs assessment every three years to identify the most pressing health needs in the community. These findings help ensure the organization’s resources are being directed toward opportunities where the most impact can be realized.

“Everything we do is measured against our priorities – how many physicians are needed, what partners can help us achieve our goals, and where we will make capital investments,” said Bradford. “All these decisions are weighed carefully against our plans.”

According to the 2023 Community Health Needs Assessment the following topped the list of health concerns for the area: cancer care; mental health and substance abuse; diabetes, nutrition and weight management.

Cancer has been and continues to be one of the most prevalent healthcare needs in our community, and one which CalvertHealth continues to make a priority. Most

recently CalvertHealth affiliated with Duke Health, one of the nation’s top-ranked cancer programs, to expand its expertise in this area and in 2024 will begin to offer clinical trials to our patients and conduct research. “That is no small feat,” Bradford stated.

“Our core values define who we are and what we stand for.”

“Our core values of quality, compassion, teamwork and integrity have long been a part of our organization, but I am proud that we have added diversity as our newest core value,” said Bradford. CalvertHealth’s Diversity, Equity and Inclusion Committee has become active setting a new charter, surveying employees and setting goals for the future.

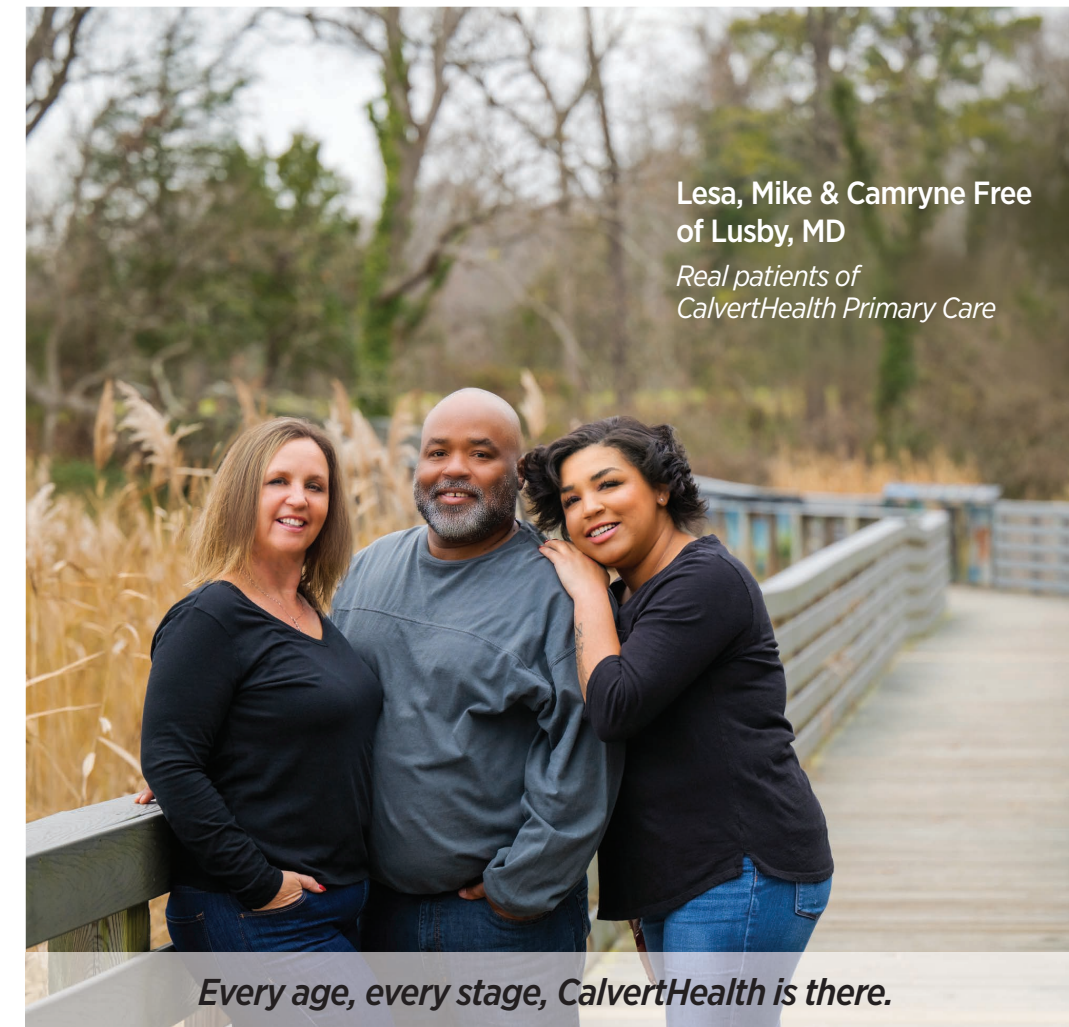
“Our goal is to ensure that we are diverse in our thinking and our services are focused on under-served communities. We need to ensure we are inclusive of anyone and everyone - including persons of color; individuals from various cultural, religious or ethnic backgrounds; the LGBTQ+ community; individuals with disabilities; older adults; and anyone and everyone who comes to us for care.” Bradford added, “In the end, we recognize our differences make us stronger.”

Bradford said the one constant about health care is that it is always changing – and requires a transformative approach to drive innovation. “I say transformative because that means we are impacting the lives of those we serve in an important way.”

To learn more about CalvertHealth’s 2024-2028 Strategic Plan, **SCAN the QR CODE**



<p><i>living our</i> MISSION: “To improve the health and well-being of those we serve.”</p>	<p><i>living our</i> VISION: “To be the trusted healthcare leader, delivering a lifetime of exceptional care.”</p>	<p><i>living our</i> CORE VALUES: Quality Compassion Teamwork Diversity Integrity</p>
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Lesla, Mike & Camryne Free of Lusby, MD
Real patients of CalvertHealth Primary Care

Every age, every stage, CalvertHealth is there.

EXCEPTIONAL CARE
for a *Lifetime*

CHANGING LIVES

Bariatric Surgery Helping Patients Create a Brighter Future for Themselves ●●●

“I’ve lost almost 100 pounds and it’s amazing. It feels surreal...”



before



Kim today

“Bariatric surgery has opened so many doors for me that were closed for so long,” said **Kim Cardwell**, 41, of Prince Frederick. “Sometimes, I still can’t believe this is my life now. I feel 20 years younger. Every aspect of my life has been made easier.”

Today, Kim at 5’ is down from 241 pounds to 148 after having gastric sleeve surgery on Dec. 27, 2022. “I’ve lost almost 100 pounds and it’s amazing. It feels surreal,” said the busy mom of four who works from home. “It’s like a monkey off my back. I don’t think people realize when you are that obese it just follows you around every day.”

“This has been the best year of my life.”

She sat down with us shortly before her one-year anniversary to share how her life has changed since having bariatric surgery. “This time last year, I was second guessing myself: am I making the right decision? But I am so glad I did. That burden is no longer hindering me. Honestly, this has been the best year of my life.”

Kim said being put on medication for high blood pressure was the last straw. “That was a big wake-up call. I had struggled with weight my whole life. I tried a lot of diets ... Atkins, Paleo, Keto, Body for Life, Weight Watchers® ... multiple times. The problem was I was starving ... I was hungry all the time.”

After seeing a billboard on Route 4, she decided to join a Zoom webinar to learn more about CalvertHealth’s Metabolic and Bariatric Surgery Program, which is headed by leading weight loss authority Dr. Ramzi Alami. Fellowship trained in the latest minimally invasive techniques, Dr. Alami has performed more than 2,000 bariatric surgeries in the last 16 years.

“That personal touch really meant a lot.”

“A lot of people see obesity as a moral failing ... but Dr. Alami explained at my first appointment a lot of this has to do with hormones and things that are outside your control,” said Kim. “The first thing he said is: ‘This is not your fault. We can help you.’ He really takes the time to get to know his patients. He truly cares about them. That personal touch really meant a lot to me.”

Having the program close to her home was a major deciding factor. “I didn’t want to drive an hour and 15 minutes to go somewhere in DC ... by choosing CalvertHealth, I didn’t have to take off work or have someone watch the kids every time I had an appointment.”

Dr. Alami underscores this point, as well. “The key to successful outcomes with bariatric surgery is the short- and long-term follow-up,” he said. “That’s why a local program is so important because these patients need a lot of support.”

Dr. Alami went on to add, “We know that all patients are going to lose weight after bariatric surgery ... but how much they lose and whether they are able to maintain that loss will depend on their eating habits and level of physical activity.”

This is where the short- and long-term follow up comes into play. There are regularly scheduled visits in the weeks and months after bariatric surgery to monitor how well the patient is adapting to their personalized diet and exercise plan and to make adjustments.

“I still have to eat right. I still have to exercise,” said Kim. “I can have that bowl of ice cream but you have to be mindful all the time. I didn’t want to join a gym so I tried doing kettle balls and exercise bands at home and found I really liked it. My newest hobby is collecting shark’s teeth. I walk about two to three miles along the beach near the Bay several times a week ... you’re bending down and squatting.”

Life-Changing Benefits of BARIATRIC SURGERY

- Helpful hormonal changes
- Improved blood sugar levels
- Better cardiovascular health
- Reduced risk of obesity-related conditions
- More physical energy
- Enhanced mental well-being
- Better quality of life

TO LEARN MORE
Click here >
for an in-depth look at the program.



The Bariatric Team: Pictured (l-r) are Ramzi Alami, MD, FACS, FASMBS, medical director, Metabolic and Bariatric Surgery Unit; Tracey Csillag, RN, MSN, CBN, bariatric coordinator and nurse navigator; Karen Mohn, RDN, LDN, CDCES, dedicated bariatric dietitian; Lacey Church, medical assistant and Molly Shipley, office assistant.

> story continued on next page



before



Antonio & LaShawn today

LaShawn took the first step and asked her primary doctor for a referral to CalvertHealth's Metabolic & Bariatric Surgery Program. "When I found it was covered by insurance, I was scared and happy," she said. Tony grabbed her hand and smiled at his wife of 10 years as he talked about their decision to have bariatric surgery.

"I didn't want her doing this life-changing thing alone," he said. "I was in the same boat as her and she was committed to doing something about it. I was with her during the entire process. We did everything together." And together, they lost more than 200 pounds.

"Now, I'm able to go and do things," said the 44-year-old father of four. Today, at 5' 11 1/2" he is down to 235 pounds from 315 after having gastric sleeve surgery on Sept. 27, 2022. "I feel great ... no regrets! I can tie my shoes again ... that sounds like a small victory but it was huge for my mental outlook. It was one of the first changes I noticed after surgery. I was so happy, it made me feel as if more changes were coming."

LaShawn at 5'5" is down to 138 pounds from 267 after having gastric bypass surgery on May 25, 2022. "I feel great ... this is the best I have felt in a long time. It allows me to do more. I have more endurance. I've started doing Pilates two to three times a week."

"It's not a diet. It's a lifestyle change."

Dr. Alami emphasizes that bariatric surgery is not a "quick fix" but instead a tool for lifelong weight management. "Surgery is just the beginning of the journey. For long-term success, patients need to understand that surgery is only one-third of the equation. Nutrition, lifestyle and exercise make up two-thirds."

He also stressed the impact patient education has in ensuring patients are prepared. "Patients really need to know what they're getting into and they need to understand it to be able to commit to it."

Tony said having bariatric surgery changed his entire relationship with food. "Before, I didn't understand how my food choices were affecting my health. I was an emotional eater. You learn what a healthy plate looks like. Now, every bite counts. I make more thoughtful choices about what I put in my body." He has also added regular workouts at the gym.

LaShawn said being able to listen to her body was the single most important benefit she gained. "Being aware of what your body needs to function is very different from what your bad habits have convinced your body to crave," she said. "Now, I'm able to distinguish when I am eating for my health requirements versus over-eating for emotional comfort."

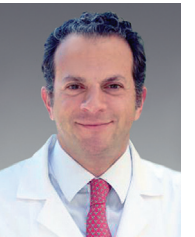
Her husband added, "Bariatric surgery is more about good health than weight loss. Weight loss is a consequence but the actual program is about promoting a healthy lifestyle. It's a lifetime commitment and you really have to be ready for those changes."

LaShawn and Antonio Dantzler were tired of the limits the extra pounds put on their lives. He was pre-diabetic, had high blood pressure, high cholesterol and sleep apnea. His gout was so bad he could barely walk. She was also pre-diabetic, had high blood pressure, sleep apnea, a bulging disk in her neck and suffered with severe acid reflux.



“The patient’s commitment to change is essential.”

Ramzi Alami, MD, FACS, FASMBS, Medical Director, Metabolic & Bariatric Surgery Unit



William before (above) and today

“I am 100 percent happy!”

“Bariatric surgery gave me back my life. I can climb a ladder, do yard work, go fishing with my grandson ...without being tired and in pain all the time,” said William Swindell, 65, of Chesapeake Beach.

Today, Willie at 5'11" is down from 309 to 185 pounds after having gastric sleeve surgery Oct. 21, 2021. "When I see a picture from before, I don't even recognize myself," he said. "I basically weigh what I did right after high school. Feeling normal feels great. I'm able to do all the things I couldn't when I was overweight."

Willie was Dr. Alami's second surgical case at CalvertHealth. He had multiple comorbidities, overhanging abdominal skin that was hitting his thighs and could barely walk. At his two-year appointment, his BMI (body mass index) was down to 25.9 and he is off most of his medications.

"I was impressed with the way they take care of you," he said. "They made sure I knew what to expect. They answered my questions and were very supportive."

Along the way, Willie said he has adopted some newer, healthier habits. "I can eat almost anything I want, just in smaller portions ... and I had to teach myself to eat slow. I cut out fast food and I split meals with my wife when we eat out. I do a lot of walking. I lift some light weights for my arms and to build up my core. I enjoy life a lot better now."

Guiding You at Every Step

A unique part of CalvertHealth's team is Bariatric Coordinator and Nurse Navigator Tracey Csillag, RN, MSN, CBN. She is a certified bariatric navigator with 33 years' nursing experience and advanced training in caring for bariatric surgery patients. She is there every step of the way from the initial consultation to postoperative visits – answering questions, addressing issues and facilitating appointments. "I believe having a familiar face who knows them helps our patients feel supported."

Kim said Tracey was a lifesaver for her. "I immediately felt comfortable with her in the room. She just radiates compassion." LaShawn concurred. "She makes you feel better. She listens and is always so positive."

Downsizing Department: Tracey accepts clean donations of clothing and sorts them by size. They are available to men/women as they rapidly lose weight and need just a few pieces to avoid big costs. Several patients have already benefitted from the *sharing closet*.

SURROUNDING YOU WITH SUPPORT

The *Bariatric Wellness Workshop* helps patients feel like they are not alone and the *only ones struggling*. The support group meets the last Thursday of every month at 5 pm in Suite 101 of the Calvert Medical Office Building. It is intended for anyone who is concerned about their weight – from those thinking about bariatric surgery, actively working toward surgery, newly post-op and post-op for many years.

"It's nice to talk with other people who have walked the walk," said Kim. "We often get ideas from each other." LaShawn and Tony go every month. "We look forward to it. We swap recipes and we swap stories. There's always something there for us."

PERSONALIZING Behavioral Health Care

Taking Steps to Improve Access and Remove Barriers ●●●



CalvertHealth is improving the behavioral health services it offers the community with a recent change to how patients can be admitted to the Partial Hospitalization Program (PHP). Patients can now be directly admitted instead of having to go to the Emergency Department for evaluation prior to admission.

“We get many, many calls from people who ask us about partial day treatment options,” said Director of Behavioral Health **Laura Webb, RN-BC, MSN**. She continued, “It’s a vital service for those who need mental health services beyond regular therapy or counseling, but don’t require 24/7 inpatient treatment.” Patients in the PHP take part in the program during the day and return home in the late afternoon.

Through its partnership with Sheppard Pratt, CalvertHealth launched direct admission capability for the program, allowing patients to bypass the emergency department, which Webb noted can be particularly scary for adolescents and even adults.

“Our treatment approach is far from authoritarian – it’s a partnership between patients, medical providers, and families.” – *Laura Webb*



Localizing Mental Health Care

In addition to the PHP program, CalvertHealth operates the only adolescent behavioral health unit in Southern Maryland. The adolescent inpatient unit has six beds, which is completely separate from the 14-bed adult unit with different staffing and programming. According to Webb, the demand for inpatient adolescent services is very high.

The adolescent unit is a general psychiatric unit where patients can be treated for a variety of diagnoses including substance abuse, anxiety, depression, bipolar disorder, adjustment disorders and more.

“We see a lot of early addiction issues in teenagers along with psychiatric issues and substance abuse - a lot of anxiety, a lot of trauma,” Webb said. She added that she and the team see a wide variety of people - some very affluent and others that are struggling financially. “CalvertHealth accepts everyone no matter what their circumstances are in life. So, our patient makeup here in the adolescent behavioral health unit is a reflection of that.”

The small unit sizes allow providers to really get to know patients and their families and that makes CalvertHealth special. “Our treatment approach is far from authoritarian – it’s a partnership between patients, medical providers, and families,” said Webb. She added, “Patients are treated in a non-stigmatized way, while having rules and guidelines for safety. We meet our patients where they are. It’s warm, friendly and loving. I’m just so proud of the work we are doing here.”

What is the PARTIAL HOSPITALIZATION PROGRAM (PHP)?

The Partial Hospitalization Program (PHP) is available to adults and adolescents ages 13 years and older. The day program provides age appropriate group therapy, family therapy, educational services, medication management, behavioral management, psycho-education groups, music therapy, creative self-expression and meetings with a psychiatrist.

Behavioral Health RESOURCES

National Alliance on Mental Illness:
NAMI.org 800.950.NAMI (6264)
info@nami.org facebook.com/NAMI

Crisis Text Line:
Text NAMI to 741741

National Suicide Prevention Lifeline:
800.273.TALK (8255)

National Domestic Violence Hotline:
800.799.SAFE (7233)

National Sexual Assault Hotline:
Call 800.656.HOPE (4673)

Crisis Intervention Center of Calvert County:
975 Solomons Island Road
Prince Frederick, MD 20678
410.257.2216

Calvert County Crisis Hotline:
410.535.1121

Charles County Crisis Hotline:
301.645.3336

St. Mary’s County Crisis Hotline:
301.863.6661 TTY - 301.863.6664

Maryland Youth Crisis Hotline:
1.800.422.0009

National Suicide Prevention Hotline:
DIAL 988
1.800.273.TALK (8255)
TTY - 1.800.799.4889

Calvert County CPS: 443.550.6900

National Center on Elder Abuse:
ncea.acl.gov

Online Emotional Support: 7cups.com

To learn more about additional resources for adolescents or about CalvertHealth’s Behavioral Health Program, **SCAN the QR CODE**



Shaping & Molding with Care ●●●

Restoring Confidence One Patient at a Time

Trust is the first thing on the agenda of CalvertHealth plastic surgeon **Dr. Wilfred Ehrmantraut, Jr.** He knows how nerve-racking it can be to meet with a surgeon for the first time.

“The most important thing to understand is I’m a human being and I really love my patients. I have close relationships with them, guiding them through the entire surgical process from beginning to end,” said Dr. Ehrmantraut. “It’s an honor to have all these patients trust me. I always strive to do my best to get the best outcomes for them. It’s not just me working as a doctor making decisions for them. It’s a shared trust between the two parties.”

A plastic surgeon’s goal is to restore the physical appearance and function of the body. Plastic surgery encompasses procedures such as tumor removal, repairing body parts harmed by injuries such as dog bites or burns, breast reconstruction, as well as the treatment of defects such as cleft palate.

When a patient first meets with Dr. Ehrmantraut, he starts the initial consultation with a conversation getting to know the patient and understanding their goals. Dr. Ehrmantraut will advise on what may and may not be possible. Sometimes, as a result of the popularization of plastic surgery in television shows, patients can come in with unreasonable expectations for the procedure and their results. “The job of the plastic surgeon is to communicate honestly to the patient what can and can’t be done,” he said.

He usually sees a patient at least twice before any major procedure to ensure the patient understands the nature of the procedure, the risks, the benefits and any alternatives there may be. He will also show pictures, draw his own pictures and demonstrate various treatment options. “Communication is the most paramount thing we do in consults aside from the physical examination,” Dr. Ehrmantraut said.

For patient interactions involving breast cancer, Dr. Ehrmantraut works hand-in-hand with the team at CalvertHealth Cancer Center’s Sheldon E. Goldberg Center for Breast Care to counsel patients on treatment and the reconstruction process.

DR. WILFRED EHRMANTRAUT, JR.

With more than 20 years of surgical training and experience, Dr. Wilfred Ehrmantraut, Jr. is a well-respected, board-certified surgeon with an outstanding reputation for providing exemplary results and incomparable care for his patients. He is a compassionate, caring physician who takes his time with each patient to compose a treatment plan tailored to their individual desires. Scan the QR code below to learn more and to watch a video interview with Dr. Ehrmantraut.

SCAN TO LEARN MORE



“The job of the plastic surgeon is to communicate honestly to the patient what can and can’t be done.”

– Dr. Wilfred Ehrmantraut, Jr.

After a mastectomy, for some, breast reconstructive surgery can become a symbol of hope and a step toward reclaiming self-confidence. “We work as a team here at CalvertHealth to get those individuals desiring reconstructive surgery through the entire process. And that process is tailored to each individual patient,” said Dr. Ehrmantraut.

He makes sure the patient is not only a good candidate for the surgery, but that it’s also the best procedure for the patient. Dr. Ehrmantraut said the safety and efficacy of breast implants have historical data showing they are safe, but some patients have comorbidities that preclude them from having breast implants. Additionally, patients who choose to undergo breast reconstruction are monitored long-term.

Dr. Ehrmantraut strives to treat each patient like a friend or family member. That comes naturally to him as Dr. Ehrmantraut lives in the community and brings his own family to CalvertHealth for their medical care.

Surgical Specialists of Southern Maryland: Plastic & Reconstructive Surgery offers patients a variety of reconstructive and cosmetic procedures including breast and skin cancer reconstructive surgeries, breast reductions, body shaping after weight loss or bariatric procedures, face lifts, rhinoplasty, breast lifts, breast augmentation, tummy tucks, liposuction and non-invasive procedures such as Botox®, Kybella®, Restylane® and Juvéderm®.

Plastic Surgery vs. Cosmetic Surgery: What’s the Difference?

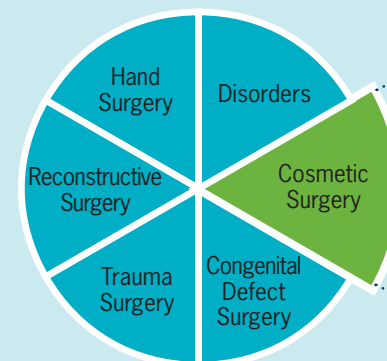
Plastic surgery and cosmetic surgery are often used interchangeably to describe procedures like breast augmentations, tummy tucks and facelifts, leading many individuals to believe that plastic surgeons and cosmetic surgeons are also the same. *They are not.*

Plastic surgeons are certified by the American Board of Plastic Surgery and must undergo at least six years of residency training, with at least half of that training in plastic and reconstructive procedures. Along with this residency training, surgeons must complete a surgical residency program and undergo at least one year of a fellowship program specializing in cosmetic surgery.

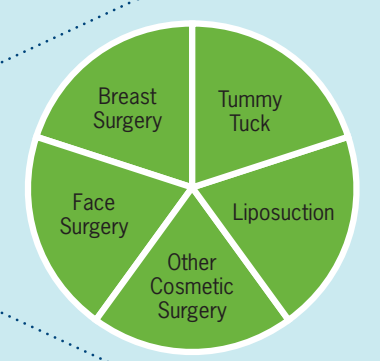
Plastic surgeons are required to be trained in cosmetic surgery, general surgery and reconstructive surgery, whereas cosmetic surgeons do not.

TRAINING REQUIREMENTS: American Board of Plastic Surgery

PLASTIC SURGEON



COSMETIC SURGEON



SPECIALIZED TRAINING in cosmetic surgery AND general, plastic and reconstructive surgical procedures

- + 6 Years Residency Training
- + Surgical Residency Program
- + Cosmetic Fellowship Program



SAVED by the SCAN

Quitting Smoking was Hard.

Screening is Easy. ●●●

According to the American Cancer Society, lung cancer is the leading cause of cancer-related deaths in the United States – causing nearly as many deaths each year as prostate, breast and colon cancers combined. *Don't be a statistic.* A lung cancer screening can be lifesaving.

This past fall, board-certified medical oncologist and director of the lung health program at CalvertHealth Dr. Arati Patel had the opportunity to participate in a Duke Health roundtable discussion on the importance of lung cancer screening (see sidebar for more about the roundtable).

She went on to add, “The test itself is quick, painless and covered by insurance. Additionally, the health department has grant funding to provide lung cancer screenings for qualifying individuals at no cost.”

New Guidelines Designed to Catch More Cases Early


In 2021, the U.S. Preventive Services Task Force (USPSTF) issued new guidelines for lung cancer screening with low-dose computer tomography (CT). Dr. Patel shared the ultimate goal was to detect more lung cancers in earlier stages, when treatment options have a better chance to produce positive outcomes. “Detecting lung cancer early not only saves lives, but improves the effectiveness of our treatments,” said Dr. Patel.


In 2023, nearly 240,000 cases of lung cancer were diagnosed in the U.S. Of those, more than 127,000 resulted in death. Screening for lung cancer improves survival, but according to the American Lung Association, only 5.8% of eligible Americans have been screened. In Maryland, that number is 6.9%. “We have tremendous options for state-of-the-art treatments at our fingertips, but we need at-risk individuals to pursue screening,” said Dr. Patel. “Lung cancer is one of the more deadly cancers because symptoms don't usually appear until late in the course of the disease, so it's important to get screened early on – even though it is unlikely patients will have any symptoms.”



LUNG CANCER SCREENING
Are you eligible?

Using the camera app on your cell phone or tablet, scan the QR code and take the quiz to see if you meet the U.S. Preventive Services Task Force screening guidelines for lung cancer. >





Early Diagnosis Increases Survivability

Prior to the introduction of low-dose CT, the vast majority of lung cancer cases have historically been found at later stages. “If someone is detected with lung cancer at an advanced stage, their likelihood of surviving five years is very low, roughly 20 percent,” said Dr. Patel. “On the other hand, if it is detected at an early stage, their likelihood of surviving five years goes up dramatically to 60-90 percent. This is why screening high-risk patients early on can make such a difference.”

The lung cancer screening, which is covered by insurance (including Medicare), is part of a multifaceted effort by CalvertHealth Medical Center (CHMC) in collaboration with American Radiology Services | Calvert Medical Imaging Center and Chesapeake Potomac Regional Cancer Center.

“We are laser-focused on helping individuals go through this process from start to finish,” said Dr. Patel. The joint program also includes a nurse navigator to help guide patients through the process, a high-risk clinic to provide patient education and counseling and a multidisciplinary thoracic team to develop individualized care plans for patients.

The USPSTF recommends annual screening for lung cancer with low-dose CT in adults aged 50 to 80 who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. To learn more about lung cancer screening or the lung health program at CalvertHealth, scan the QR Code above or call 410.414.4575.

MEET THE TEAM

Dr. Arati Patel (left) and Nurse Navigator Lindsey Thompson (right), along with Drs. Kenneth Abbott and Bilal Ahmed, are part of the multidisciplinary lung health program at CalvertHealth.




CalvertHealth + Duke Health A Powerful Combination Against Cancer.

The Duke Cancer Network is backed by the resources of the Duke Cancer Institute, ranked among the top four percent of U.S. centers designated as a National Cancer Institute Comprehensive Cancer Center. “Having the ability to access the tremendous educational resources of Duke Cancer Network for our entire team is an incredible opportunity,” said Dr. Patel.

“Oncology is a field of medicine that is rapidly changing. Being able to learn from some of the country's top researchers and investigators who are studying cancer every day will directly impact our ability to bring exceptional care to our patients and our community.”

Why Duke Health?

The affiliation provides CalvertHealth patients with access to:

- ✓ The resources of an NCI-Designated Comprehensive Cancer Center
- ✓ The latest cancer research and leading-edge treatment advances
- ✓ Clinical trials only available at the best cancer hospitals in the country
- ✓ Second opinions from all types of cancer experts for treatment planning

The Duke Health Roundtable on lung cancer screenings was just one of the many opportunities for the CalvertHealth cancer team to collaborate with some of the nation's top oncologists. **SCAN THE QR CODE** to watch the roundtable in its entirety.



CalvertHealth Board Welcomes New Members

The CalvertHealth Board of Directors is pleased to announce the appointments of business owner **Mike Cox** of Huntingtown, retired judge **The Honorable Marjorie Clagett** of Chesapeake Beach, former delegate and county commissioner **Gerald Clark** of Solomons and the president of the College of Southern Maryland, **Dr. Yolanda Wilson** of La Plata.

Cox, a Financial Advisor and president of Pathway Investment Group, brings special expertise in financial management, marketing and planning to his new role. Previously, he served as a trustee on the CalvertHealth Foundation board for eight years.



“Having access to local, top-notch services is essential.”

“Being part of an ever-improving organization that serves the community is important to me,” said Cox, a lifelong resident of Calvert County. “This is ‘our’ hospital. Having top-notch services without having to travel long distances is invaluable.”

Clark brings a diverse perspective to the board with more than 40 years’ experience in a variety of commercial endeavors including real estate and retail businesses. He also served on the Calvert County Board of County Commissioners for 12 years and in the Maryland House of Delegates for six years.



“We must continue to progress to meet community needs.”

“I am very interested in helping to ensure the medical community supporting the hospital is sufficient and available to everyone,” said Clark. “I believe very strongly in adequate access and personalized care.”

Clagett, who retired from the bench after more than 24 years of service, has been a longtime supporter of the hospital along with her husband, Steve. “We have lots of interests and hobbies that keep us busy

mentally, physically and creatively but I wanted to give back to the community.”

She added, “CalvertHealth has become a shining star – a place where Calvert County residents can be proud. As community members, we play an integral part in spreading the positive work the hospital is doing.”

For her part, Dr. Wilson said, “I was truly honored to join this highly collaborative team. At CSM, we deeply value our partnership and collaboration with CalvertHealth. Together, we have nurtured a strong, responsive relationship to support a healthcare workforce in Calvert County.”

Dr. Wilson, who has worked with local community colleges for more than 20 years, is the first African-American president in CSM’s 64-year history. “I have dedicated my life’s work to the students who walk onto our campuses. I come to the CalvertHealth board with the same dedication and calling, to provide my talents and expertise to rally around this organization and its work toward a healthy community and meeting the needs of its patients and families.”

Composed of volunteers from the community and the medical staff, the board plays a vital role in ensuring the organization meets the needs of the community.



“CalvertHealth Medical Center is the core of our community.”



“CalvertHealth has a strong positive presence and reputation.”

Folsom-Elder Joins CalvertHealth Primary Care

Board-certified family medicine physician **Dr. Michelle Folsom-Elder** has joined CalvertHealth Primary Care in Prince Frederick. The practice provides personalized health care for the whole family including health screenings, preventive medicine, complete physicals and well-woman exams.



“I am a huge proponent of preventive care,” said Dr. Folsom-Elder, who has been in private practice for 12 years. “I am passionate about helping my patients make the lifestyle changes that will reduce their risk for disease.” Most recently, she supervised community wellness at the Calvert County Health Department.

She went on to add, “I want my patients to know they can trust me to listen, to respond to their concerns from an evidence-based perspective and do my best to get them the help they need for their overall well-being.”

Dr. Folsom-Elder has lived in Calvert since 2008, is married to an Air Force veteran, has four children, six dogs and recently started coaching softball.

Surgical Group Welcomes Hand Specialist

Board-certified general and hand surgeon **Dr. Helmut Pfalz** has joined CalvertHealth Surgical Specialists of Southern Maryland. Dr. Pfalz, who has been in private practice for more than 21 years, brings a wealth of expertise in hand and laparoscopic surgery.



Dr. Pfalz has the rare combination of a full hand surgery fellowship with board certification in addition to a full general surgery residency and board certification. He is highly rated for providing an excellent patient experience. In particular, his patients noted his ability to answer questions thoroughly, explain treatment options clearly and make them feel comfortable.

The multidisciplinary surgical group at CalvertHealth includes specialists with decades of knowledge and experience in general, breast, plastic, bariatric and vascular surgery. Together, they offer enhanced access to a growing range of advanced surgical options to meet community needs.

Dr. Pfalz has been serving Calvert since 2002. He and his wife, Sita, have five children.

10 REASONS Why You Need a Primary Care Provider

No matter how healthy you are, or what age you are, there are lots of reasons why you need a primary care provider. Your PCP:

- 1 Knows you and your history.
- 2 Coordinates and guides your care.
- 3 Catches potential issues early.
- 4 Keeps you healthier.
- 5 Lowers overall health costs.
- 6 Manages chronic conditions.
- 7 Teaches you ways to stay healthy.
- 8 Treats you when you're sick.
- 9 Helps you get more advanced care when you need it.
- 10 Provides care tailored to you.

EXCEPTIONAL CARE

for a *Lifetime*



SCAN TO LEARN MORE



Recently, we sat down with family medicine physician **Dr. Michelle Folsom-Elder** of CalvertHealth Primary Care to learn more about inflammation, its causes, how we can recognize it and lifestyle changes we can make to reduce our risk. (See her profile on page 17).

Understanding How Chronic Inflammation Affects Your Body ●●●

Chronic inflammation has been linked to cancer, heart disease, diabetes, obesity, arthritis and a host of other serious conditions. If you have chronic inflammation in your body, it's important to reduce it. But many times people don't realize they have it. Thankfully, there's plenty you can do to fight back.

Q: What is inflammation?

During the course of our lives, at times we will be affected by inflammation in our bodies. Inflammation can be broken into two categories – *acute and chronic*.

When we are acutely injured or have an infection, inflammation is a normal and expected part of healing. Typically, we may get some redness of the area where an injury is, or we may feel fevers due to the inflammatory cells trying to fight infection for us. There may be swelling and pain when we have inflammation – like when we have a sprained ankle or broken bone.

Q: What conditions are associated with chronic inflammation?

If the inflammation persists, it becomes chronic and can lead to autoimmune diseases, cardiovascular diseases, lung disease, metabolic diseases like diabetes, neurodegenerative diseases like Parkinson's disease and gastrointestinal disorders. Factors that contribute



to inflammation include environmental chemicals, infectious material like viruses and bacteria, and even exposure to radiation.

Cardiac (*heart*) inflammation is broken down into three variations. They include endocarditis (*inflammation of the heart lining or the valves*), myocarditis (*inflammation of the actual heart muscle*) and pericarditis (*inflammation of the tissues that surround the heart*).

Most commonly, these inflammatory processes are prompted by viral or bacterial infections or autoimmune diseases (when our system recognizes a normal body part as foreign because it recognizes it incorrectly and tries to fight it). These inflammatory processes can lead to abnormal heartbeats, heart failure and coronary heart disease (blood vessel damage leading to a heart attack).

Q: What are some common signs of chronic inflammation?

Signs of chronic inflammation include difficulty with sleep and fatigue, some mood problems like anxiety and depression, body pain due to joint or muscle inflammation, digestive concerns like acid reflux, more frequent infections, weight gain and more.

Q: Can I reduce my risk by making lifestyle changes?

We can do multiple things in our daily lives to reduce inflammation. One important way we can make this positive change is to avoid toxins including certain inflammatory food items. Highly processed foods, fried foods, high sugar foods, and refined carbohydrates contribute to this process. These types of foods also contribute directly to the epidemic of obesity in our world, which is a risk factor for chronic inflammation itself. Interestingly, there are some foods that reduce inflammation. These include tomatoes, olive oil, green leafy vegetables, fatty fish, fruits and nuts.

FOODS THAT FIGHT INFLAMMATION

- Dark, leafy greens (spinach & kale)
- Fruits (especially berries)
- Nuts (walnuts & almonds)
- Tomatoes
- Fatty fish (salmon & tuna)
- Olive & avocado oil



Q: How can we reduce inflammation?

When we speak about inflammation we discuss prevention, treatment and management options. Preventive measures include vaccinations against illnesses that can trigger inflammation, avoidance of toxins and environmental inflammatory substances. You can also reduce inflammation by getting restorative sleep (both a good number of hours and quality of sleep). Eating healthy foods, drinking good amounts of water, and getting in regular exercise may also assist in reduction of inflammation. We can also avoid things like smoking, drinking excess alcohol, and using substances.

If you have chronic inflammation that is connected with a chronic illness, your doctor, nurse practitioner or physician assistant will discuss options for treatment. These options may include traditional medicines or non-traditional opportunities for treatment like physical and occupational therapy and acupuncture.

Q: WHAT CAUSES CHRONIC INFLAMMATION?

- Unhealthy diet
- Lack of exercise
- Pollution
- Stress
- Lack of sleep
- Smoking

Q: HOW CAN I DEFEND AGAINST IT?

- Eat anti-inflammatory foods
- Maintain a healthy weight
- Make time for exercise
- Get enough sleep
- Manage stress
- Quit smoking

A Community of Caring

2023 FOUNDATION IMPACT REPORT

CalvertHealth has continued to innovate while addressing growing and diverse healthcare needs. This would not be possible without the philanthropic spirit and advocacy of the community.



Access to health care has never been more important than it is today. The dedication of CalvertHealth's care team, physicians, community board members, Foundation supporters, health system leaders and more than 1,100 employees and volunteers have enabled us to remain steadfast in our mission to improve the health and well-being of those we serve.

We take pride in our commitment to responding to the healthcare needs of our community with services and resources that enable our patients to receive expert care close to home. We are committed to ensuring that we are here for you when you need us – just as we have been for more than a century. We are honored to share with you how your 2023 support of the Foundation impacted CalvertHealth this past year. We are so incredibly grateful to the following 2023 supporters for supporting our community health system.

The Foundation gratefully acknowledges the following individuals and organizations for their gifts in 2023 of \$100 or more. If there are any errors or omissions, please accept our apologies and contact the Foundation Office at foundation@calverthealthmed.org or by calling 410.414.4570. A full listing of all supporters can be found on our website.



The CalvertHealth Foundation hosted two of its most successful events in 2023. The 34th Annual Benefit Golf Classic engaged more than 150 individuals and raised \$116,000 in support of the Robotics Surgical Program. The Breast Cancer 5K to benefit the Sheldon E. Goldberg Center for Breast Care raised \$102,000 and had more than 700 participants!

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The inaugural Reelin' for a Cause Charity Fishing Tournament presented by Bayside Auto Group was held on Saturday, September 16. Teams fished in the morning and later came together at the Tiki Bar in Solomons, MD, for a Shore Party to celebrate the funds raised to benefit Cancer Care at CalvertHealth. This year's tournament made a splash, with 43 participants raising \$42,168!

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Foundation Board Trustee **Brian Martin** completed his term on the board at the end of 2023. During his six-year tenure, Brian was instrumental in forming the Rising Star program at CalvertHealth – a young philanthropist program engaging the youth of our community in service and fundraising. Since launching the program in 2017, 14 youth organizations and schools, as well as several hundred Rising Star contributors, have made a lasting impact on the organization by donating \$25,819 in gifts and countless volunteer hours.

We thank Brian Martin for his dedicated leadership to the CalvertHealth Foundation. We are grateful for his vision and service to the community.

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Huntingtown businessman **Bob Carpenter** has been named to the CalvertHealth Foundation Board of Trustees. "I served on the Foundation board previously and really enjoyed the experience. I know how critical community support is to CalvertHealth and having spent the majority of my career in and around politics, I believe I can be helpful in working with our delegation in Annapolis," said Carpenter, who is most excited about the hospital's new surgical robotics program. He joins 15 other community members who are currently serving.

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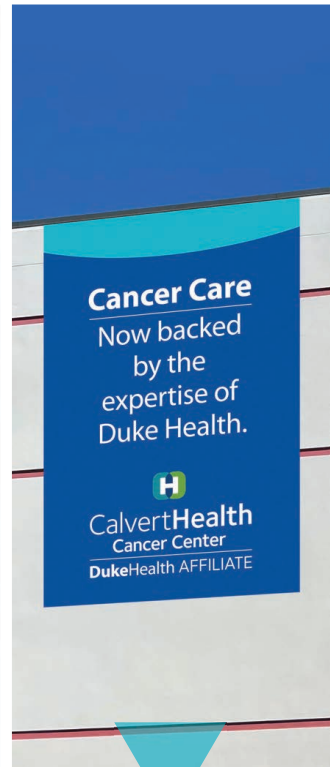
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